

Special Issue

Nutritional Interventions, Physical Activity and Immune System Health

Message from the Guest Editor

The effects of strenuous or prolonged exercise on different aspects of immune function have been widely studied. Most of the studies have reported a negative influence of prolonged and intense exercises, as well of heavy training schedules, on the immune system, leading to immunodepression. Additional stresses commonly reported by athletes such as flights, sleep disturbances, environmental changes can also induce negative effects on the immune system. However, in order to improve the immune system effectiveness, preventing higher incidence of infections, many nutritional supplements have been tested in athletes. These supplements include, among many others, carbohydrates, vitamin C, zinc, bovine colostrum, vitamin D, prebiotics and probiotics. The present special issue aims to report recent findings in the role of specific nutrients on the immune system functionality and the prevention of infections such as upper respiratory tract infections. Therefore, in general, both research and review manuscripts aiming to improve the knowledge about the complex relationship between specific nutrients and immune function in athletes are welcome.

Guest Editor

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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